

Sofia Marchetti

Gymnastics Instructor

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SUMMARY

Gymnastics instructor with 2 years teaching recreational classes to children ages 3-14 and a background as a Level 9 competitive gymnast. Leads 18 classes a week with safe spotting techniques, clear skill progressions and a positive attitude that keeps kids coming back. Holds USA Gymnastics U100 and SafeSport certification.

EDUCATION

Associate of Arts 05/2025
Collin College
Kinesiology Plano, TX

EXPERIENCE

Gymnastics Instructor 08/2024 - Present
Legacy Flips Gymnastics Academy Plano, TX

Part-time instructor at a recreational and team gym with about 650 enrolled kids, teaching weekday afternoons and Saturdays.

- Lead **18** recreational gymnastics classes a week on floor, beam, bars and vault for groups of up to 8 children.
- Apply spotting techniques for handsprings, kips and back walkovers, with no student injuries reported in 2 years.
- Write 8-week lesson plans and skill progressions for 4 class levels, now used by all 6 instructors.
- Increase class re-enrollment from 68% to 81% by sending parents short progress notes after each session.

Tumbling Assistant 01/2023 - 07/2024
Little Leaps Kids Activity Center Frisco, TX

Part-time assistant in preschool tumbling and ninja classes at a kids activity center while finishing college.

- Ran stations and warmups in preschool tumbling classes of 10 children ages 3-5 for 2 lead coaches.
- Inspected mats, wedges and trampolines before 12 weekly classes and reported worn equipment to the manager.
- Handled customer service at check-in for birthday parties of up to 25 children, keeping every waiver complete.
- Created 15 imaginative play games that teach balance and rolling, still used in the preschool program.

SKILLS

Gymnastics • Spotting Techniques • Skill Progressions • Lesson Plans • Preschool Tumbling
Working with Children • Equipment Safety Checks • Customer Service • Communication
Positive Attitude

CERTIFICATES

U100 Certification
USA Gymnastics
09/2024

SafeSport Core Training
U.S. Center for SafeSport
08/2024

Adult and Pediatric First Aid/CPR/AED
American Red Cross
07/2024